



TRAININGS SCHEDULE

Level	Day	time	Subjects	Price
1, 2, 3, 4	THU	4-6pm	<ul style="list-style-type: none"> - explanation bike - how to clean and maintain your mountain bike - position on mountain bike - mountain biking in groups - brake technique - how to use gear - Climbing, downhill - different techniques on asphalt and dirt roads - tricks, jumping, wheelies, etc - preparation for races 	<p>Naf 30- per lesson Naf 300- per tremester</p> <p><i>Includes:</i></p> <ul style="list-style-type: none"> - entrance all areas - extra water - instructors - programs - every 2 months, special event

